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May 2012

Supermom

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Facets

Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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ON THE COVER

Carmen Cormack's family includes, from top, daughter Monique, 12; daughter Sheila Lanky, 24; foster daughter Sara, 6; and foster son Troy, 2. By Nirmalendu Majumdar/Facets

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What family is all about

My youngest sister had to watch while my other sister and I played Barbies as kids.

There was no shortage of dolls; she even had a few of her own, which I confiscated soon after she unwrapped them (we only got Barbies as birthday and Christmas presents) and played with as my own until their hair started to fall out.

I was a brat who also made my sister help us pick up all the clothes and dolls scattered over the floor at the end of the day, and threatened her not to let our mom know what went on.

She was my baby sister. She was there, and she was annoying.

Twenty years later, we chose to live together for about a year and a half. I'm not saying we



JENNIFER MEYER

didn't still fight — we're sisters; it's what we do — but for the first time we got to know each other as friends.

When I went through a really difficult time, she was there. And she was amazing.

I write a lot about my family, but they are what inspires me.

They have always been there for me — and not just my sisters, but also my mom and dad, step-parents and grandparents.

I write a lot about my family, but they are what inspires me. They have always been there for me ... I'm very fortunate.

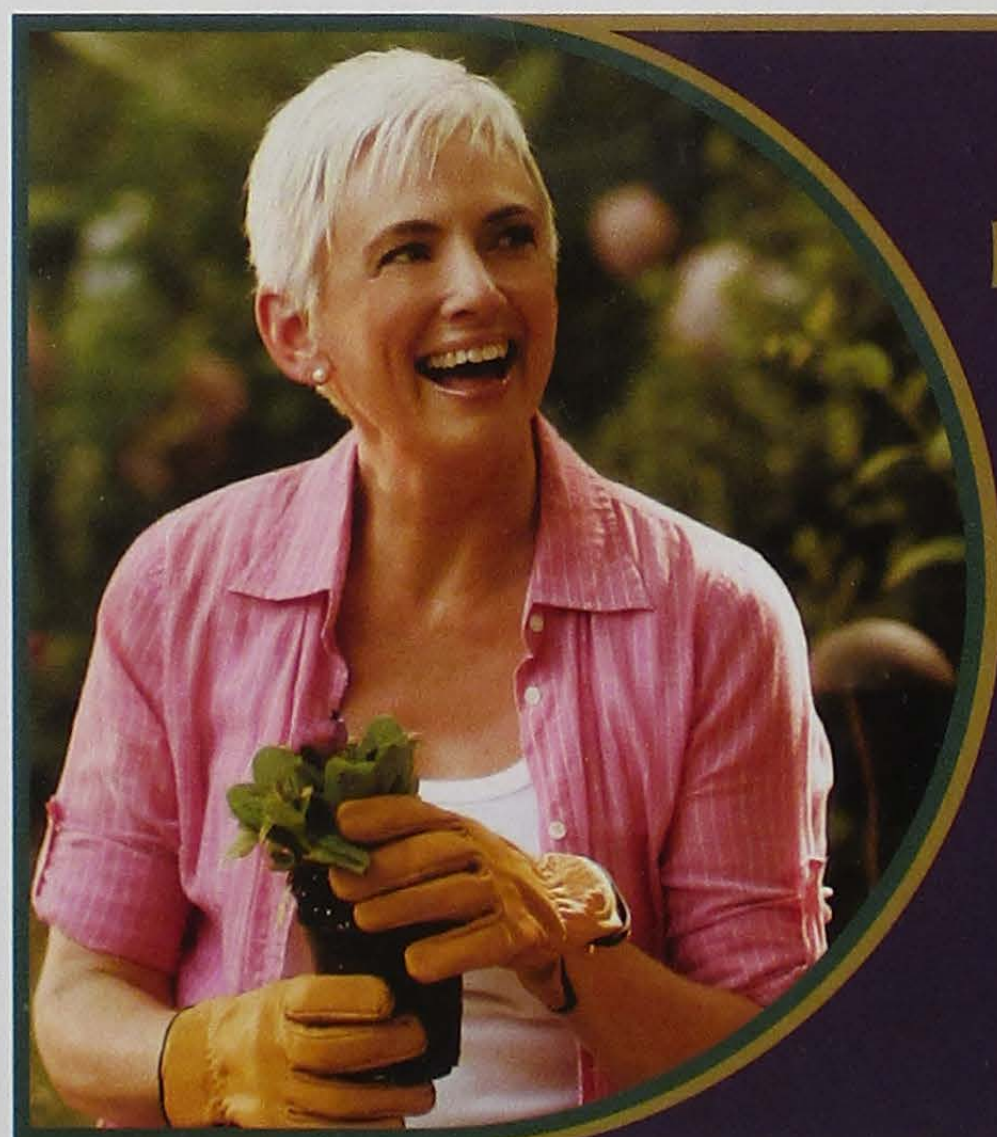
When I am down and out and I feel like I have nothing, I know I still have my family behind me. I'm very fortunate.

In this issue of Facets focused on family, you can read about an inspiring Ames mother who has cared for her own daughter and special-needs son, as well as adopted a special-needs daughter, and provided foster care for a brother and sister who also face challenges.

Her friend describes Carmen Cormack as someone who cares deeply and looks out for other people.

That's what family is all about. ♦

*Reach Facets Editor
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A great pair of sandals and a fabulous pedicure heading into summer can really make you feel great.

— Renee Klaus, Ames, office manager at Ames Center for Cosmetic & Family Dentistry



Carmen Cormack's family includes, from left, foster son Troy, 2; daughter Sheila Lanky, 24; foster daughter Sara, 6; and daughter Monique, 12.

By Nirmalendu Majumdar/
Facets

Supermom

BY ROXANNE DASS

Carmen Cormack has always loved God and children. Her love of both led her on a journey that at worst can be trying, but at its best has been a blessing for herself, her family and friends.

Cormack, 49, is the single mother of three children and a foster mother to two others. Her life as a supermom started in Colorado, where she lived with her former husband and children. She moved to Ames four years ago to be closer to her parents in Fort Dodge after going through a divorce.

"I love children, and it's God's mission project to me," she said. "I feel if someone has the ability and desire and love to share with other children, they should help. There's a lot of other children who need that help."



Cormack's oldest child, Sheila, 24, lives in Grand Junction, Colo. Her second born, Curtis, was a quadriplegic who was prone to seizures and died while having a seizure in his sleep when he was just 12 years old.

She adopted her third child, Monique, who came to live with Cormack when she was eight weeks old. Monique, now 12, has cerebral palsy and left hemiplegia, a condition that limits her use of her body's left side. She is also intellectually disabled, having the mental capacity of a 3- to 6-year-old, depending on the activity.

"She is like a teenager in her mood swings and desires though," Cormack said, laughing.

Monique came to Cormack as a foster child.

"She was not in good shape when I got her," Cormack said. "She had been abused, with multiple bones broken and she was having seizures."

Cormack had been doing foster care prior to Monique. After four years, she made the decision to adopt the little girl, knowing she wanted to have a larger family and that she was in a place to help.

"Monique was unadoptable by anyone else, and no one wanted her," Cormack said. "Her mother couldn't have her and wanted me to keep Monique."

GROWING FAMILY

As Cormack's family grew to include Monique, she continued to take in foster children, caring for Curtis and Monique's needs, as well as Sheila.

"In everything she does, she has a heart for people," said Cormack's friend, Amy Boldman, of Ames. "She cares very deeply, and it's very obvious she wants to look out for other people."

Two years ago, Cormack again made the decision to foster two children, a brother and sister. Cormack said she had no idea how big of an undertaking it would be when she agreed late one night in April to care for Sara, 6, and Troy, 2.

"The social worker called when they were on the way to drop them off," Cormack said. "When they called, they said 'By the way, Sara has lice, and you'll need to treat it.' When they got here, they were just filthy dirty and tired."

Once the children were settled, Sara was diagnosed with reactive attachment disorder. The diagnosis was difficult to deal with, Cormack said, because children with the disorder do not attach to their caregiver.

"But you have to roll with the punches and deal with it as they come," she said.

The family's typical routine starts when Cormack gets Monique up at 6:30 a.m. for breakfast and to dress her. Monique must also be tube-fed medicine before she gets on the bus to go to school at 7:20 a.m.

Next, Cormack wakes Troy and Sara to leave the house by 8 a.m., to drop Sara off at school and Troy at day care. Cormack then goes on to her job as an educational assistant at Mitchell Elementary.

Depending on the day, Cormack takes Monique or Sara to therapy. After picking up all the children at 5:30 p.m., the family comes home for dinner, baths and bed.

DAILY CHALLENGES

Every day brings something new, whether it is progress or a tantrum.

Monique has experienced great improvements since moving to Iowa, Cormack said.

"She's eating, has more words, is able to go out in public without screaming," she said. "It's amazing. I've seen more growth and change in her in the last few years than eight years in Colorado, because of the resources we have here."

Those resources are part of the reason Cormack is able to take on such huge responsibilities.

"Whether it's your family or organizations, use it," she said.

Childserve and the Variety Club have helped Cormack with Monique's needs. Through Childserve, Cormack is able to take advantage of respite care, therapy and day camps, all of which have helped Monique with her social skills. Recently, the Variety Club helped purchase a special-needs bicycle for Monique. The bikes can cost from \$5,000 to \$10,000.

Sara goes to play therapy in Ames, where she learns to cradle a doll or how to appropriately handle someone smaller than herself.

Family and friends are an equally important resource, Cormack said.

"Having their support and just having another adult to talk to is huge," she said.

Boldman takes Sara a couple of times a week to give her friend a much-needed break.

"I don't know how she does so much, including her work, the kids, doing crafts on the side, her involvement with church," Boldman said. "I realized she needed a little break for herself."

Sheila has offered support for her mother in the long term, agreeing to care for Monique if anything happened to Cormack.

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"That was such a huge weight off my shoulders," Cormack said. Even with all the resources, Cormack said her faith is what gets her through her days.

"I couldn't do this if I didn't have my faith as a Christian, and (I) am a firm believer in Jesus," she said. "I'd probably be an alcoholic and smoking 10 packs a day. That's the only way I get through it and the only way I got through it when my son died."

LITTLE BLESSINGS

Sometimes there are bad days, but Cormack remembers little things to get her through rough waters.

"The kids make it what it is. We've been blessed."

— Carmen Cormack, mother

She reflects on memories, like the yearly camping trips the family took to handicap campgrounds. Lying at night in their cabin, surrounded by siblings and foster siblings, Curtis and Monique giggled the night away.

Another time, Cormack and the children went to a restaurant, and Curtis developed a crush on their waitress, grinning as he watched her every move.

"Those kinds of moments make everything worthwhile,"

said Cormack. "Sheila to this day remembers those camping trips, and the grin on Curtis' face when he saw that waitress was priceless. The kids make it what it is. We've been blessed." ♦

Reach Roxanne Dass via email at rdass43@gmail.com.

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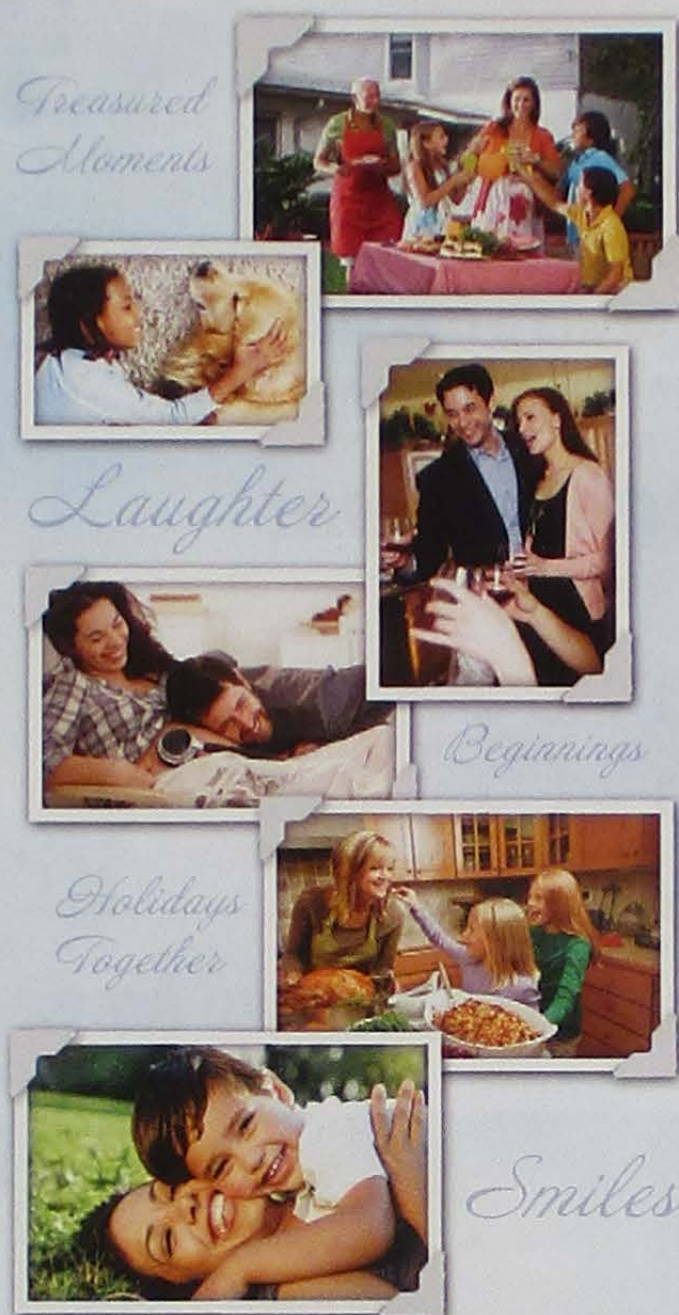


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The truth about midwives

Local midwife clears up some of the misconceptions about her profession

BY PEGGY BEST

Dawn Heaberlin has heard some of the myths about midwifery, but she said her occupation is about giving expecting mothers options instead of limitations.

"Some people think if you have a midwife assist in a delivery, that you don't have an option to use pain medication. That isn't true," said Heaberlin, who has worked at McFarland Clinic since 1994. "If a woman decides she wants pain medication, we explain the positives and negatives of that choice, but it is her decision to make."

Midwives get to know the families through prenatal care, she said. A midwife prefers to not make decisions for the client, but rather explains the options and allows the mother to make choices.

Mothers can also use whatever position is comfortable during delivery.

Amy, who gave birth to her second child with help from a midwife, said the personalized care and ability to respond to her body's instincts are among the reasons she plans to have a midwife present for the birth of her third child this month.

"The midwife tells you to do whatever your body is telling you to do," said Amy, who asked not to be identified by her real name and has since moved out of state.

"Even when your body is telling you to

push, the doctor will tell you, 'No, you have to wait.' To be able to listen to your body and follow its lead is so much more natural."

Amy gave birth to her first child in a hospital with an obstetrician.

Midwives with McFarland Clinic do not attend home births, and Heaberlin said an obstetrician is on call in case medical intervention is necessary.

Heaberlin said the biggest difference in using a midwife as opposed to a medical doctor is that the focus is on both the woman and her family.

"The family feels invited to attend the birth, and it becomes a family event," she said.

"Some women do just fine on their own and don't need a lot of assistance from the

ABOUT MIDWIFERY

Midwives have been part of the human experience for a very long time. The midwife is mentioned in the books of Genesis and Exodus.

In 1900, midwives attended to almost half of births in the U.S. By 1935, as medical science became more advanced and birth was increasingly viewed as a medical event to be managed by physicians in a medical setting, midwifery became almost nonexistent.

By the 1960s, most women were not even aware of other options for childbirth. About that same time, however, there was a growing interest in natural childbirth, and women started to explore the option of having midwives assist with delivery.

Each year in America, more babies are born with the assistance of midwives. Today, there are more than 7,000 certified nurse midwives in America. According to the National Center for Health Statistics, in 2009 midwives attended 313,516, or 7.6 percent, of all births.

— Source: *The Friends of Iowa Midwives*

"To be with a couple during this most intimate time, it's an honor to be asked to be there."

— Dawn Heaberlin, who has delivered more than 1,900 babies during her career as a midwife



By Jupiterimages

midwife, but we are at the hospital from active labor through delivery and ready to be at the bedside to assist when needed."

At Mary Greeley Hospital Center's Birthways unit, eight obstetricians and three certified nurse midwives help deliver infants. Of the 1,136 babies born at Birthways last year, about 25 percent were attended by midwives.

Heaberlin said she has delivered more than 1,900 babies during her career as a midwife.

"To be with a couple during this most intimate time, it's an honor to be asked to be there," she said. ♦

Reach Peggy Best via email at pegathome554@msn.com.

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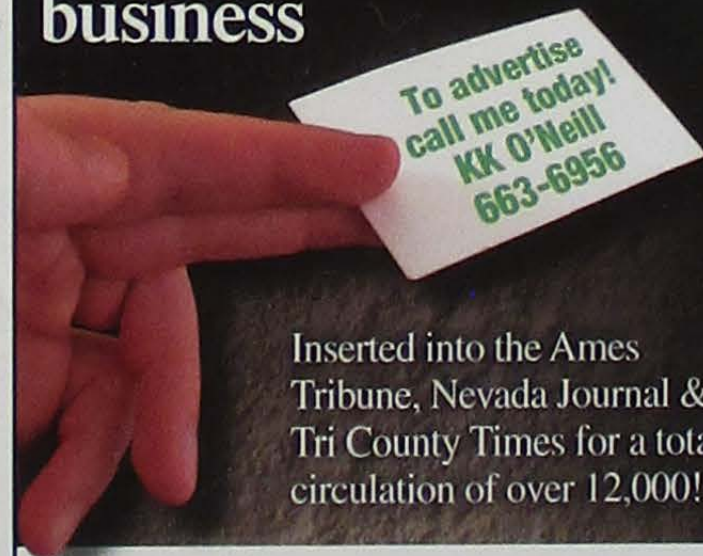
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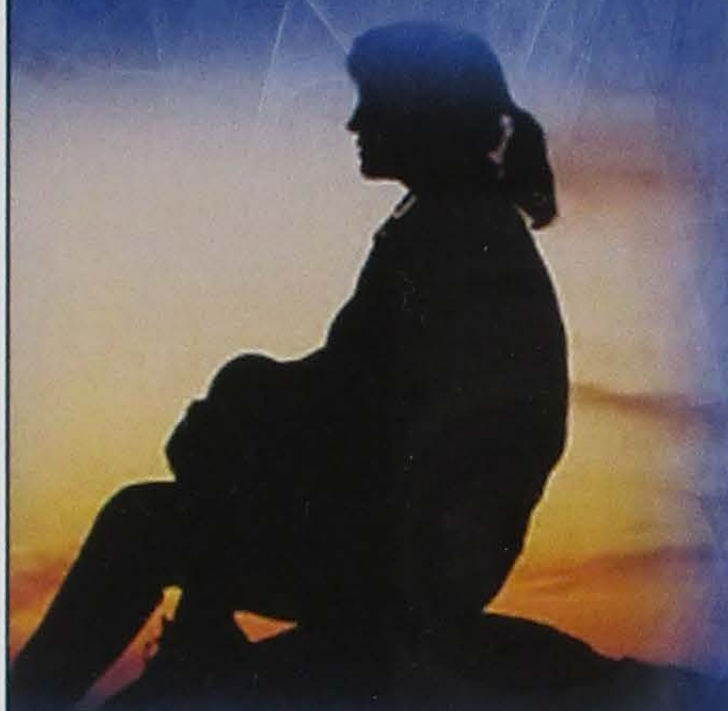
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beauty | **WHAT'S NEW**

Spring trends



Photos by Mary Clare Lokken

Among spring's trends: Updos that are controlled, but with a bit of softness, (above) and subtle pink lips (below.)



Spring always brings new excitement to our world at PCI Academy and to salons across the country and around the world. And this year's early spring was no different.

We are seeing lots of color in the fashions for spring: brights, florals and fun patterns. Midriffs are exposed with halter-like tops over skinny skirts. White is white-hot. And skirt lengths can be up, down and all around — flared, skinny and circled.

Fashion leads with fabrics and couture. Then there is the frosting on the cake: hair, makeup and nail art for every look.

The hair styles are beautiful. Gone are the wild and crazy looks that have been the rage for the last few years on the runways. We're seeing coiffures that are a look back at the past and a look to the future. There are updos that are controlled, but with a bit of softness. There are rolls that harken back to the '40s but offer an asymmetrical edge. And braids are still beautiful atop the head but are looser, not taut.

Hair color just doesn't stop! With the improvements product companies have made, you can have beautiful and intense colors like never before. New products with no ammonia, no odor and up to 100 percent gray coverage have replaced older types of color.

Makeup is set for a new look to go with the clothes and hair. The angel look is soft with subtle pink lips. The look almost shimmers like a dream. The eyeliner tipped up at the end creates a cat's eye effect that is steamy, mysterious and magic. If you over-tweezed your brows, you can use brow powder instead of liner for a diffused look.

And nails are still hot: the accessory everyone can wear. Nail art makes a comeback with strong colors and designs on one or all nails. Don't worry if your dramatic nail look doesn't match everything you wear. They're art, and art doesn't match, it enhances and excites.

Visit your salon professional or future salon professional to see style books full of these new looks. ♦

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.



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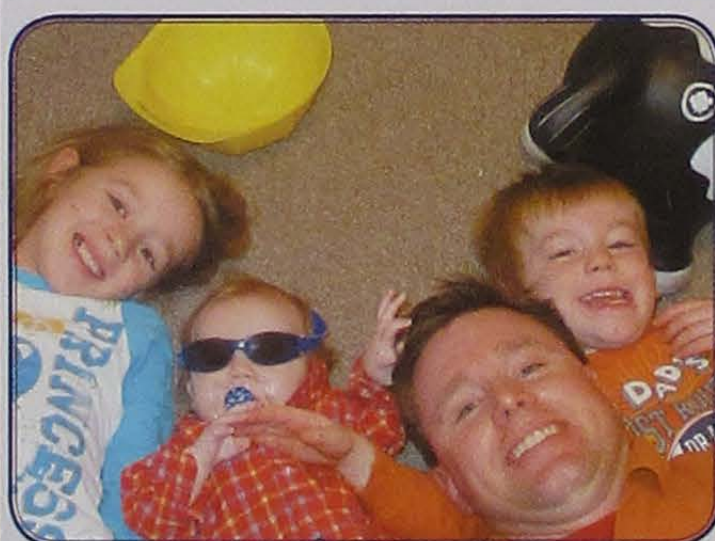
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Pressed for time? Plan meals that are simple to prepare, such as pizza.

Fast meals for busy families

There is value in eating together; the problem is getting everyone together.

In an ideal world, family meets at the dinner table for a home-cooked meal and quality conversation. But let's face it, today's families are ruled by sporting events, church, rush-hour traffic and their favorite reality television.

Trying to work in a family meal can be a

challenge. So why should families make the effort to eat together?

Let's tally the research. Children who eat with their families are likely to:

- Have better diets
- Eat five or more fruits and vegetables per day
- Eat fewer fried foods away from home
- Drink less soda
- Have higher academic scores and increased self-esteem

Now that we know the benefits of eating together, let's look at some ways that we can make that happen.



LAURA KIMM

STRATEGIES FOR FAST-PACED FAMILIES

Make a commitment. Competition for family time is heavy. Make eating dinner together a priority by adding it to the family schedule every day.

Think simplicity. Plan meals that are simple to prepare, such as pasta, pizza, crock-pot and one-dish dinners. Pair them with bagged lettuce, canned fruits and vegetables, whole-grain breads and low-fat milk.

Make a master list. To avoid last-minute dinner dilemmas, keep a list of essential foods for the pantry. This could include pasta and sauces, rice, canned fruits and vegetables, potatoes and whole-grain breads.

Turn off the tube. Eliminate distractions that interfere with a quality family meal. Turn off the television, radio and phone, and tune into your family.

THREE TIME-SAVING MEALS

The food doesn't have to be fancy to offer big nutritional payback. Try one of these time-saving meals with your family:

Do the deli. Pick up a deli rotisserie

chicken, potato salad, fresh fruit, loaf of garlic bread and low-fat chocolate milk. Including all five food groups makes a well-balanced meal.

Enhance a meal kit. Pick up an all-in-one dinner kit available in varieties such as chicken and pasta, or beef stew and potatoes. Add a lean cut of meat, extra carrots, red peppers or peas, and reduced-fat cheese. For a side, serve whole-wheat rolls, canned peaches and low-fat milk.

Soccer mom meal. For those soccer, volleyball or football families, go a step further. Call before you leave work and order a pizza loaded with veggies. Pick it up on the way to the game along with some grapes, go-gurts and Gatorade. Spread out a blanket and tailgate before the kids' game. ♦

Laura Kimm, RD, LD, received her bachelor's degree from the University of Iowa and completed her dietetics coursework and dietetic internship at Iowa State University. Laura works at Hy-Vee as a registered dietitian. Reach her via email at lkimm@hy-vee.com.

EASY FAMILY DINNERS

SWISS-AND-TOMATO PIZZA TART

Complete the meal with a leafy green salad and low-fat milk.

INGREDIENTS

- 1 rolled refrigerated pizza crust
- 1 cup shredded Swiss cheese
- 1 teaspoon Italian seasoning
- 3 medium plum tomatoes, thinly sliced
- 1/2 teaspoon garlic pepper

PREPARATION

Preheat oven to 400 degrees. Line 12-inch pizza pan with foil. Unroll pizza crust onto prepared pan. Sprinkle cheese and Italian seasoning over crust. Arrange tomato slices on top of cheese. Sprinkle garlic pepper over tomatoes. Fold edges of pastry over tomatoes. Bake 22 to 25 minutes or until golden brown. Let stand 10 minutes. Cut into wedges and serve. (Serves 12)

Nutrition facts: 123 calories, 10 grams carbohydrates, 3 grams protein, 8 grams fat, 99 milligrams sodium.

CHIPOTLE CHICKEN QUESADILLAS

Complete the meal with a side of fresh fruit and low-fat yogurt.

INGREDIENTS

- 8 ounces pre-cooked, cubed chicken, divided
- 1 cup shredded chipotle cheddar cheese, divided
- 8 whole wheat tortilla shells
- Cooking spray
- Salsa

PREPARATION

Spread chicken and cheese evenly over four tortillas. Top each tortilla with remaining tortillas. Coat a large non-stick skillet with cooking spray and brown quesadillas over medium-high heat, flipping once. Cut into four wedges. Serve with salsa. (Serves 4)

Nutrition facts: 430 calories, 27 grams protein, 21 grams fat, 30 grams carbohydrates and 1060 milligrams sodium.

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How to teach kids financial responsibility

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Financially savvy kids don't just happen. Most women credit their mothers with teaching them about money, according to a recent Citi Group survey.

Are you the one in your family who models practical financial habits? You may be a pro at managing your money and financial decisions, but do you share this knowledge with your children?

Here are four lessons you can share early and consistently with your children. As you teach financial responsibility, you are also teaching lessons that will help your children be good members of their community and good for the economy.



**KAREN
PETERSEN**

DAILY ACTIVITIES

Many daily financial decisions are automatic; we have a method, and we use that method without thinking. I only buy raspberries if they are less than \$4 and I am going to be home to enjoy them. I fill my gas tank before a trip even if I am only half empty, because I know gas usually costs more on the highway.

I am sure you have several automatic financial habits. You know your habits and why you make the decision you do. But do your children know that you make calculated decisions about spending?

Share your decisions and the reasons with your kids. We learn best by example.

COMMON GOAL

Determine a common goal that has meaning for adults and children. Some of the best goals are "experiences." Your family might choose a fishing trip, a weekend at a water park or new technology entertainment.

Once you choose your goal, map out your plan:

- When do you want your experience to

take place?

- How much will it cost?
- How much do you need to save each week?
- List ways you can save.
- Track your progress.

Achieving a mutual financial goal is a powerful experience. Celebrate the experience and begin to plan for your next goal.

MODEL SAVING AND INVESTING

Many of us no longer "go to the bank" to deposit our checks or put money in a savings account. Maybe that is why so many children, even teens, don't really understand how money flows.

Use your checkbook or computer to show your children how you get paid, how you pay bills and what amount you save.

This is a good time to review your own savings and investment plans. If you have a child who is 10 or older, explain your investment and retirement plans to them. It isn't necessary to reveal the values, but you can show that money is deposited regularly in each account and talk about the purpose of each account.

DON'T HIDE MISTAKES

Use your money mistakes as a way to teach about money. Your mistakes may be as small as buying raspberries and letting them spoil or as serious as using credit cards in excess.

Let your child begin to manage their own money and give them room to grow and make their own mistakes when the cost is low.

It is important to learn and teach the value of making practical money decisions — because life is... more than money. ♦

Karen L. Petersen, CFP® CDFA™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

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Family matters

Support from family helps fitness challenge participant

Six contestants participating in a 10-week challenge to change their nutrition and exercise habits have new lifestyles that are improving their personal health as well as that of their families. Families are reaping the benefits of having less junk food in the house, more veggies in new recipes and increased exercise time. And with blogs and cell phones, support from extended family is just a click, text or call away.

Jamie Hamilton, 36, said the challenge resulted in a lifestyle change for her herself, her husband, Anthony, and her son, Zander, 6.

Jamie does the majority of the planning and cooking meals. She gives Anthony a grocery list of healthy foods to buy, and he usually does not come home with too many extras, she said.

"Because we are eating the same healthy food and we are both exercising, we are losing weight at about the same rate," Jamie said. "It is very helpful to have the commitment from him to live a healthier lifestyle. We are in this together and can support each other. Anthony feels that he is eating better, eating less and likes the new tasty recipes."

Zander has also taken notice.

"We haven't had junk food for a long time," he said.

Jamie said Zander's choices have changed for the better.

"I have noticed that when Zander wants a snack, he will ask for an apple or celery with peanut butter. We do keep a little junk food in the house for him, but he will many times still choose the healthy option," Jamie said.

Despite the positives, Jamie said there are a few drawbacks.

"Exercise is giving me more energy throughout the day, (but) at the end of the day, I am tired," she said. "Anthony says that because I have less energy at the end of the day, he feels like it creates more work for him ... around the house."

She said Zander also does not like when she is not there when he wakes up because she is exercising in the morning, "but he is glad that I am doing the challenge."

Jamie said her large extended family has been very supportive.

"They always ask how things are going and what changes I am making," she said. "They are happy for me."

Kris Gross admits wanting more behind-the-scenes support from her family.



**DEBRA
ATKINSON**

THIS MIGHT TAKE AWHILE

Having been in the fitness business for 26 years, I'll share from first-hand experience that sometimes family support can take awhile — like 26 years.

Early in my career, I adopted a no-judgment zone and stopped offering advice unless asked by my family. For some select members, I've been the ex-"sis" in the family, if you get my drift.

Just recently, my mother, who, by the way, celebrated her 85th birthday last summer, shared with me a few nutrition changes she was making, then asked, "what do you think?"

What I thought was that she has adopted a low-carb lifestyle.

Then she turned to me again and suggested that maybe, if there was time over the weekend, I could give her some exercises for her midsection.

I picked myself up off the chair and just smiled.

"It is very helpful to have the commitment from him to live a healthier lifestyle. We are in this together and can support each other."

— Jamie Hamilton, on her husband, Anthony



By Eloísa Pérez-Lozano/Facets

Jamie Hamilton, her husband, Anthony, and their 6-year-old son, Zander, have fun at the park across the street from their house in Ames. Jamie Hamilton said the "Fat to Fit Challenge" resulted in a lifestyle change for her entire family.

The wife and mother of three children, ages 17, 14 and 10, runs an in-home day care and is the "sole gatekeeper" for food decisions at home.

Her family refers to the healthy foods in the fridge as "mom food."

"I make my food and make sure that I'm getting the right stuff for myself," she said. "My plan is to implement the small chang-

es for my family... making progress towards healthier choices." ♦

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years. Reach her at PTDirector@amesracfit.com.

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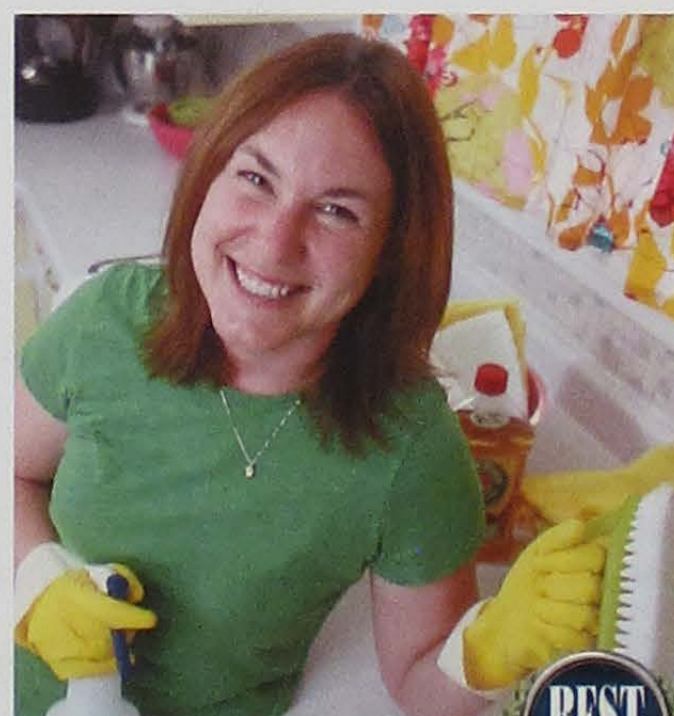
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faceted woman **DEBRA JOEL**

Name: Debra Joel

Age: 51

Position: Corporate secretary

Family: Husband, Larry Joel, owner of Cyclone Contracting, and son, Nikolaus, an Eagle Scout with Troop 157 of Gilbert

What would you do with \$1,000 to spend on yourself?

Give half to my church and use the rest to help pay for a family vacation.

Your favorite meal:

Lobster, salad and biscuits.

Craziest fashion you ever wore:

I have naturally curly hair, and a hairdresser once talked me into perming it. I had a 6-inch-high blond afro.

I never leave home without:

My purse.

Your favorite motto:

Look up.

What makes you happy?

My family and friends.

What makes you feel confident?

A warm day and good music.

What makes you laugh?

My son.

What have you accomplished that has made you proud?

Through training, I have become very good at my job, and I am proud of it.

Best tip to look and feel great:

Go to the spa.

How do you take care of yourself financially?

We are working on The Total Money Makeover and would recommend it highly. Only spend what you have and never use credit.

If you could do or be anything you want, what would it be?

Retired.



Photo courtesy of Debra Joel

◆ DO YOU KNOW A FACETED WOMAN?

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If you knew then what you know now, what would you have done differently?

We all have made some bad choices in life, but I am happy with where I am.

How do you reward yourself?

Go for a massage.

My idea of a nightmare job:

I used to run a cleaning business, and it was a nightmare. I cleaned apartments after college students moved out.

My simplest pleasure:

Reading a good book.

I crave:

Bread. Good bread.

When I am an old lady:

I hope I handle it as well as my mother. She is 92.

I am thankful for:

The Lord. From him all things come: family, friends, health and home.

Favorite wardrobe staple:

Sweaters and jeans.

How do you give back to your community?

I am the advancement chair for Boy Scout Troop 157 of Gilbert. We pick up garbage twice a year and collect food for the food banks once a year. We have a lot of Eagle Scouts, and I help out on their projects when I can.

I am a member of the Beta Sigma Phi — PiPi Sorority. We plan to give out family meals at Thanksgiving and Christmas. We look for needs in our community and try to fill them.

I am also a member of the Gabriel Project at St. Cecilia church, which helps women who have made the decision to keep their unborn child. ◆



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- Low physical activity
- Low body weight
(less than 127 pounds or BMI less than 20)
- Long term corticosteroid therapy



Tips for Bone Health:

- Do some weight-bearing activities daily (like walking, running, dancing, weight training)
- Avoid smoking and excessive alcohol intake.
- Ask your physician if you need a bone density test based on your risk factors for osteoporosis or if you are a woman over age 50
- Read food labels and look for foods and beverages that provide calcium and vitamin D.
 - Choose a calcium supplement – if you need it – that contains vitamin D.
- See your Hy-Vee dietitian for individual assistance and recommendations.

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Food	How Much Each Day?	Why?
Dairy	24 fluid oz of Milk or Yogurt* *Vitamin D fortified 1 oz Cheese = 5 oz Milk	Calcium, Vitamin D Potassium, Magnesium Phosphorus, Vitamin A, Protein, Riboflavin, B ₁₂ , B ₆
Soy Foods	1 serving (6-7 grams of protein) Soy Beans (canned/dried), Soy Nuts, Soy Beverages, Soy-Fortified Cereals, Bars	Isoflavones (natural hormone replacement), Calcium, Vitamin D in fortified beverages
Leafy Greens	At least one per day ½ cup cooked, 1 cup raw	Vitamin K, Magnesium
Lean Meat, Poultry, Fish, Eggs	4 to 6 ounces, cooked	High quality Protein, Vitamin B ₁₂
Whole Grains	3 to 4 servings per day 1 slice bread (about 1 ounce) 1 ounce uncooked or ½ cup cooked grains Cereals with at least 4 grams of fiber/100 calories Whole Wheat, Rye, Brown Rice, Barley, Oats/Oatmeal, Spelt, Teff, Quinoa, Buckwheat	Magnesium
Others	Cashews Brewer's Yeast	Vitamin K Vitamin B ₁₂